

Flag Football Penalties

VIOLATION	PENALTY	DOWN	ENFORCED
Unsportsmanlike Conduct	12 yards	S.D.	P.O.I.
Untucked Shirt	12 yards	L.O.D.	L.O.S.
Delay of Game	5 yards	S.D.	L.O.S.
Encroachment/Offsides	5 yards	S.D.	L.O.S.

(Defense Violations)

Holding	12 yards	S.D.	P.O.I.
Pass Interference	12 yards	1st Down	L.O.S.
Roughing the Passer	12 yards	1st Down	L.O.S.
Illegal Pass Block	12 yards	1st Down	L.O.S.

(Offense Violations)

Flag Guarding/Charging	12 yards	L.O.D.	P.O.I.
Clipping	12 yards	S.D.	P.O.I.
Holding	12 yards	S.D.	P.O.I.
Illegal Block	12 yards	S.D.	P.O.I.
Illegal Direct Run (Div 1 & 2)	5 yards	L.O.D.	L.O.S.
Illegal Forward Pass	5 yards	L.O.D.	L.O.S.
Illegal Huddle	5 yards	L.O.D.	L.O.S.
Intentional Grounding	5 yards	L.O.D.	L.O.S.
Pass Interference	12 yards	S.D.	L.O.S.
Running up the Middle	5 yards	L.O.D.	L.O.S.

(Pre- Hike Violations)

False Start	5 yards	S.D.	L.O.S.
Encroachment	5 yards	S.D.	L.O.S.

L.O.D. – Loss of Down

P.O.I. – Point of Infraction

L.O.S. – Line of Scrimmage

S.D. – Same Down